

# SARAH BOND

## CERTIFIED LIFE COACH

### EDUCATION & CERTIFICATIONS

- ACC Credential, ICF
- M.A. Urban Studies, Community Development Concentration, Eastern University
- B.A. Psychology, Simpson University

### PROFESSIONAL EXPERIENCE

- Co-Founder, Leader & Coach at Voice of Courage
- Director of Community Education at 3Strands Global, Inc.
- Resident Director at William Jessup University

### CONTACT SARAH

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### COACH PROFILE

As a coach, Sarah draws from a deep understanding of human motivation and community development. In each session, she invites her clients into a creative and strategic awareness-raising process, equipping them to overcome obstacles, take courageous steps forward, and create a powerful legacy. Sarah is a wife, mother, and lifelong learner. One of her greatest joys is supporting women who are pursuing wild dreams, community impact, and strategic simplification of their lives and homes.

Working with clients to...

- Declutter, simplify & organize life and home
- Launch a dream
- Overcome roadblocks
- Navigate transition
- Achieve holistic wellness

*If you've ever felt a desire to do something important or be someone influential; if you've had a dream big or small but feel like you don't know how to start the journey, you need to call Sarah. She is so talented at motivating and teaming up with you to find doable steps toward achieving your goals. Working with Sarah, I experienced quite an unexpected break through that led me to steps in my career journey that I would have never considered. Instead of moving forward being unsure and hesitant, I stepped into my next job with complete confidence that it was the right choice for me and with a clear plan for achieving my goals. I have found fulfillment in stepping outside my comfort zone to become a more well-rounded professional and I have Sarah to thank for her encouragement and prompting through life-coaching.*

*-Cheryl, Coaching Client*

